

The background features three horizontal brushstrokes in shades of blue and cyan, with a white rectangular frame centered over them. The text is white and centered within the frame.

# Emergency Food Kit

February, 2020  
Troop 60302



## **Be Prepared**

While we all know we should have an emergency kit, many of us are still without one or have one that is incomplete.

It's often difficult to know what type of food and accessories to include in the kit, so the following slides have a few suggestions.

# Storage Container



If you don't already have a container for your emergency supplies, then look for one that is

- Heavy duty
- Large enough to hold supplies
- Water proof
- Critter proof
- Has handles
- Ability to lock if stored outside

Store your container in the garage or a shed.

# Water

Water should be the first thing to add to your kit. Things to consider when buying water:

- Type of container
  - Aluminum cans or bottles
  - Plastic bottles
  - Boxed water
  - Pouches
- Store enough for each person and pets
  - A gallon per person per day
- Storage
  - Water is a stable compound of hydrogen and oxygen and won't expire, but you may want to rotate your supply periodically depending on the type of storage container and the manufacturer expiration date.
  - Store sealed containers in a cool, dark location



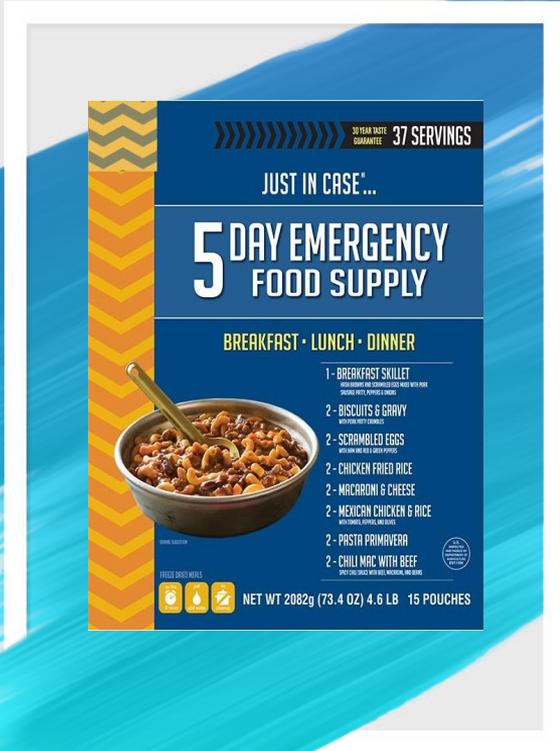
# Food

When deciding on what food to put in your emergency kit, be sure to check the expiration date.

If you don't plan on checking inventory each year, we recommend freeze dried food.

Some benefits of freeze dried food include:

- Long expiration dates; 25-30 years
- Just need hot or cold water to prepare
- Many of these use the pouch as the serving container.
- Many varieties and brands available online



# Optional Items

In addition to water and food, you may want items for food preparation. Example items include:

- Waterproof matches
- Mini propane tank & stove
- Water filter, straw or tablets
- Small pot or pan and plates and utensils
- Hand sanitizer or disinfectant wipes

There are also a number of freeze dried pet foods for households with pets.





## References

There is an over-abundant amount of information on the internet. A few helpful and extensive sites include:

- <https://www.ready.gov> (check this one first!)
- <https://thewirecutter.com/reviews/emergency-preparedness/>
- <https://theprovidentprepper.org>
- <https://www.wunderground.com/prepare/disaster-supply-kit>